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**THE HEALTH ALLIANCE FOR PRUDENT PRESCRIPTION AND YIELD OF ANTIBIOTICS FROM A PATIENT-CENTRED PERSPECTIVE**

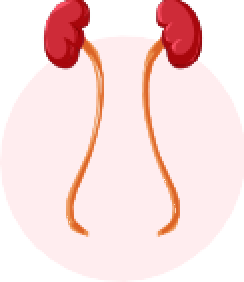
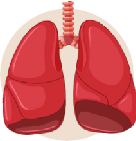
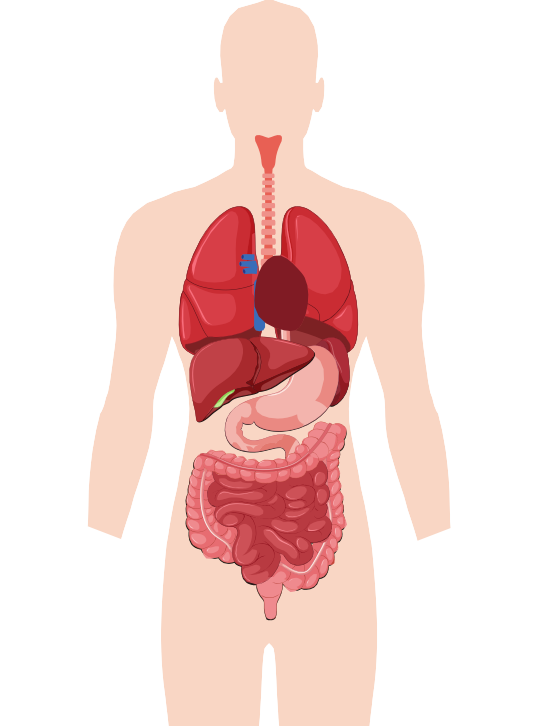
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**HOW TO MANAGE YOUR COMMON INFECTION**

**WHAT ARE THE SYMPTOMS OF A COMMON INFECTION?**

# COVID-19 (~1-3 weeks)



Fever Cough Fatigue Headache

Loss of taste and/or smell Sore throat

Body aches

Difficulty of breathing /

# Flu (~2-3 weeks)

Fever Shivering Muscle pain Sore throat Cough Headache Fatigue

# Common cold (~1-2 weeks)

Runny nose Congestion Sneezing Cough Sore throat



Fever

shortness of breath

# Ear infection (~1 week)

Ear pain

Potentially secretion

from the ear

# Laryngitis, (~1 week)

Dysphonia Sore throat Dry cough

# Tonsillitis, pharyngitis

**(~1 week)**

Fever Sore throat symptoms:

Pain while swallowing enlarged and painful glands

# Urinary tract infection(~2-3 days)

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Tension over the bladder Bad smelling urine

**Sinusitis (~2 weeks)** Pain over sinus Cough

Nasal discharge Congestion

# Acute bronchitis (~3 weeks)

Cough Colored sputum

Chest pain Fatigue Headache Muscle pain

# Pneumonia(~1-2 weeks)

Dyspnea Tachypnoea Cough Fever Shivering Chest pain Fatigue

Un dibujo de un perro

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**WHAT CAN I DO TO RELIEF MY SYMPTOMS?**

**Rest as much as possible**

**Remember to drink a sufficient amount of fluids to avoid dehydration**



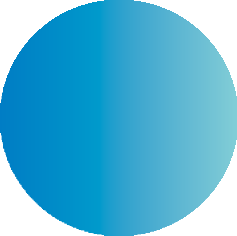
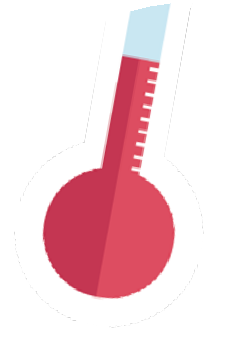
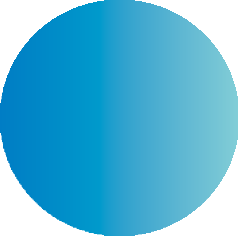
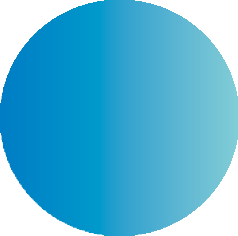
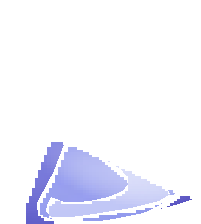
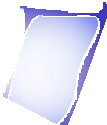
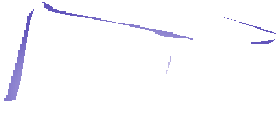
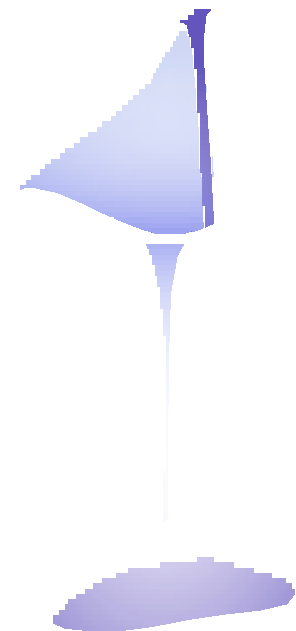
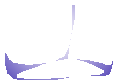
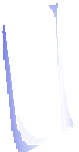
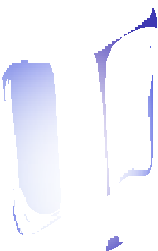
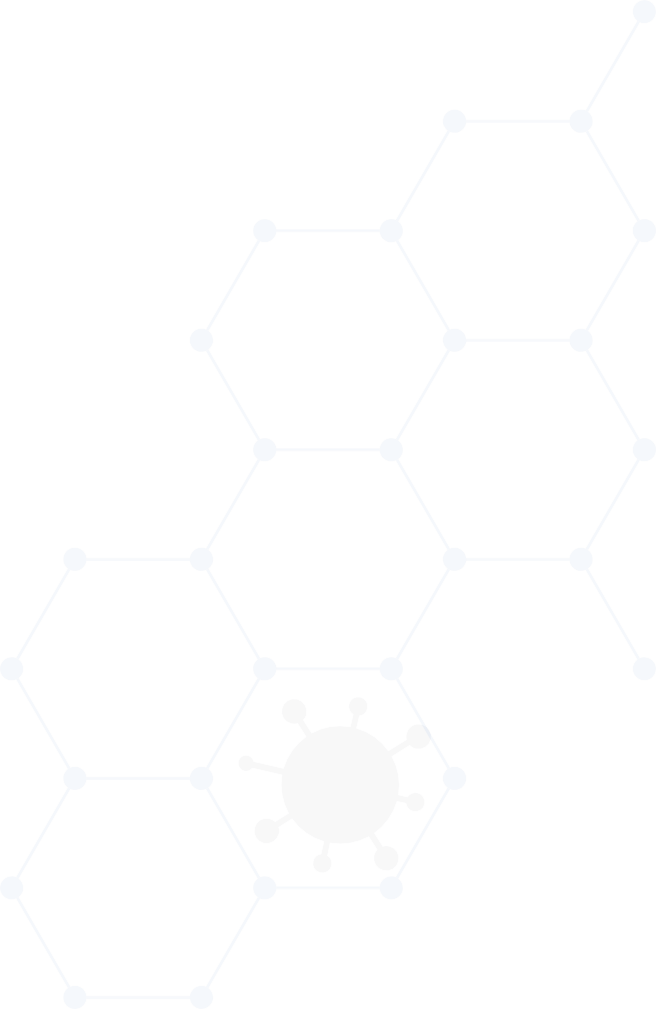
**For a sore throat: ice chips, throat lozenges or spray and pain relief, or gargle with salt water**

For a congested nose: saline nasal spray

or drops

For coughs:

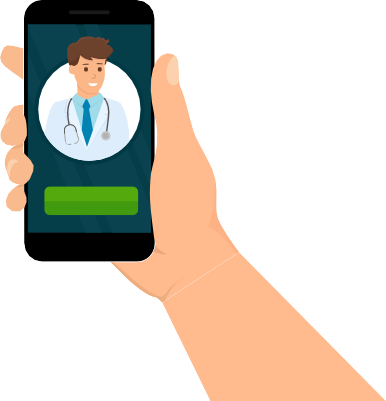
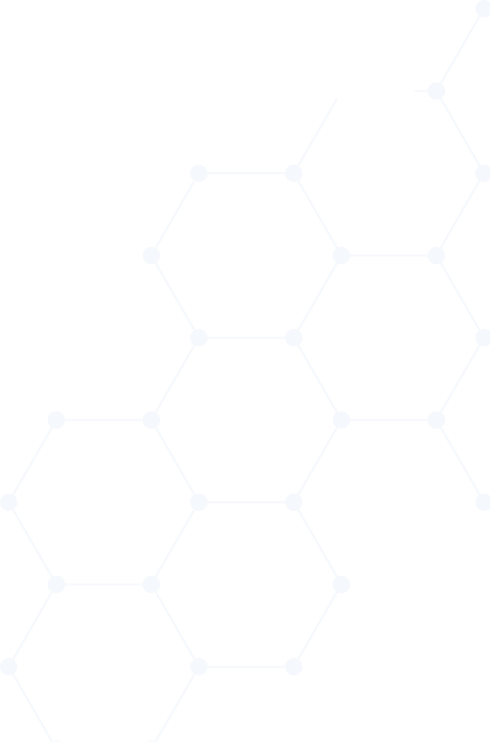
try cough syrup as recommended by your pharmacist



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**39º**

For high fever, shivering and pain relief: paracetamol



**INFORMATION ABOUT THE USE OF ANTIBIOTICS AND ANTIMICROBIAL RESISTANCE**

You do not usually need antibiotics,

unless symptoms of a bacterial infection

are severe. A healthcare professional

can advise you on this

Your body can normally fight off common infections on its own

Taking antibiotics when you

do not need to will make them

less effective in treating

infections in the future

Follow your healthcare provider’s advice on antibiotics

**WHAT SYMPTOMS SHOULD I LOOK OUT FOR AND WHEN TO CONTACT A HEALTHCARE PROVIDER?**

If your symptoms do not improve within the time indicated or get worse, or if you show any of the following symptoms, contact your healthcare provider.

Problems swallowing

Turning blue around the mouth Chest pain or tightness Difficulty breathing

New very fast or slow pulse oughing blood

Visible blood in urine Neck stiffness

Petechiae (small bleedings under the skin)

**CALLING**

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Grant Agreement number 900024

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Un dibujo de un perro

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